

## SUP - Supplements, Dietary

### SUP-C      COMPLICATIONS

**OUTCOME:** The patient/family will understand that excessive intake of vitamins and/or minerals through supplements or functional foods can cause adverse effects up to and including death.

**STANDARDS:**

1. Explain that some vitamin and/or mineral supplements may interfere with medications. Refer the patient to their physician or pharmacist for more specific information. Stress the importance of consulting a physician, registered dietitian, and pharmacist before starting any new supplement.
2. Explain that it is important to inform your doctor about any medications, vitamins, minerals, and other supplements you are taking, especially before surgery to avoid potentially dangerous supplement/drug interactions; e.g., changes in heart rate, blood pressure, and increased bleeding.
3. Explain that megadoses of vitamins, minerals, or other supplements may have toxic effects.
4. Discuss common and important signs/symptoms of toxicity as it relates to the patient's supplement regimen.
5. Refer to registered dietitian, physician, and pharmacist for specific recommendation.

### SUP-FU      FOLLOW-UP

**OUTCOME:** The patient will understand the importance of follow-up for supplements issues.

**STANDARDS:**

1. Discuss the importance of follow-up care.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **SUP-I      SUPPLEMENT INFORMATION**

**OUTCOME:** The patient/family will understand the indication for supplements including the specific disease process most influenced with the prescribed supplement. Side effects and/or negative outcomes will be reviewed in regard to over supplementation.

### **STANDARDS:**

1. Explain that a dietary supplement is a product that is intended to supplement the diet and may contain not only vitamins and minerals but also less familiar substances such as herbals, botanicals, amino acids, and enzymes.
2. Explain that dietary supplements are not intended to treat, diagnose, mitigate, prevent, or cure disease.
3. Explain the indication for supplementation. As appropriate, discuss supplements which may be appropriate for this patient's disease state, condition, or medication regimen and any supplements that may be contraindicated in this disease state, condition, or medication regimen.
4. Explain that vitamins and minerals are important dietary components and might need to be supplemented when the diet is less than optimal.

## **SUP-MNT      MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of the patient's condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **SUP-N          NUTRITION**

**OUTCOME:** The patient will understand the need for balanced nutrition and will plan for the implementation of dietary modification if needed.

### **STANDARDS:**

1. Review normal nutritional needs for optimal health.
2. Discuss current nutritional habits. Assist the patient in identifying unhealthy nutritional habits.
3. Discuss nutritional modifications as related to the specific disease state/condition.
4. Emphasize the importance of full participation to the prescribed nutritional plan.

## **SUP-S          SAFETY**

**OUTCOME:** The patient/family will understand the importance of working with members of the healthcare team to determine how best to achieve optimal health and will make informed decisions about dietary supplements to improve safety and prevent adverse effects.

### **STANDARDS:**

1. Emphasize the importance of checking with healthcare providers before taking a supplement, especially when combining them with or substituting them for other foods and medicines.
2. Explain that it is very important to seek the advice of a physician if you are:
  - a. Chronically ill
  - b. Taking prescription or over-the-counter (OTC) drugs
  - c. Pregnant or potentially pregnant
  - d. Breastfeeding
  - e. Under the age 18 or over the age 64
  - f. Unsure about taking a supplement
  - g. Unsure if you need a supplement or not
3. Discuss how to protect yourself before purchasing or taking any dietary supplements.
  - a. Educate yourself about the ingredients in dietary supplements. Know what you are taking and why you are taking it.
  - b. Stay informed, listen to the news and check with the FDA Website ([www.fda.gov](http://www.fda.gov)) for information about recalls or warnings about supplements.
  - c. The term natural doesn't always mean safe. Do not assume that this term ensures wholesomeness or safety.

- d. Always read the label and look for warnings, cautions, interactions, and side effects.
  - e. Do not believe the hype. If something sounds too good to be true, it probably is.
  - f. Do not substitute a dietary supplement for a prescription medicine, prescribed therapy, or the foods important to a healthful diet.
  - g. More may not be better. Some products can be harmful when consumed in high amounts, for a long time, or in combination with certain other substances.
  - h. When purchasing dietary supplements on the Web, use sites of respected organizations.
- 4. Explain that unlike drugs, dietary supplements are not approved by the FDA for safety and effectiveness. Once on the market, the FDA has the authority to take action against any dietary supplement that presents a significant or unreasonable risk of illness or injury.
  - 5. Explain that one way to protect yourself when purchasing dietary supplements is to look for the USP-verified mark on the container. This mark indicates that USP (US Pharmacopeia) has rigorously tested and verified the supplement to assure integrity, purity, dissolution, and safe manufacturing. The USP does not test for efficacy.
  - 6. Emphasize the importance of contacting your doctor if you think you've had an adverse reaction to a dietary supplement.

## **SUP-SCH SCHEDULE**

**OUTCOME:** The patient/family will understand the importance of following the prescribed timing of supplements in regard to other foods and medications.

### **STANDARDS:**

- 1. Explain that the use of all vitamin/mineral or other type of supplements should be used only under the advice of a registered dietitian and a physician.
- 2. Explain that some supplements may require specific timing when taking other medications and/or supplements, e.g., calcium is better absorbed with a meal but should not usually be taken at the same time as iron supplements.
- 3. Review the schedule with patient and/or family.